Naval Special Warfare Group ONE

Changing a Culture

NAVY AND MARINE CORPS COMBAT & OPERATIONAL STRESS CONFERENCE 2010:

"TAKING ACTION, MEASURING RESULTS"

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Agenda

- Understanding the Problem
  - Issues Facing Veterans
  - Issues Facing Spouses
- Public Health Model
- It takes a Village

"Commonization of War"

- A ten year marriage
- Operational Tempo/Backdoor Draft
- Some good practices and services but we are far from being coordinated and optimal
- Irrelevant and canned briefs
- Effects on family and children

Issues facing Veterans

- Wear and tear of multiple deployments
- Psycho-social stressors (chronic identifiable stress)

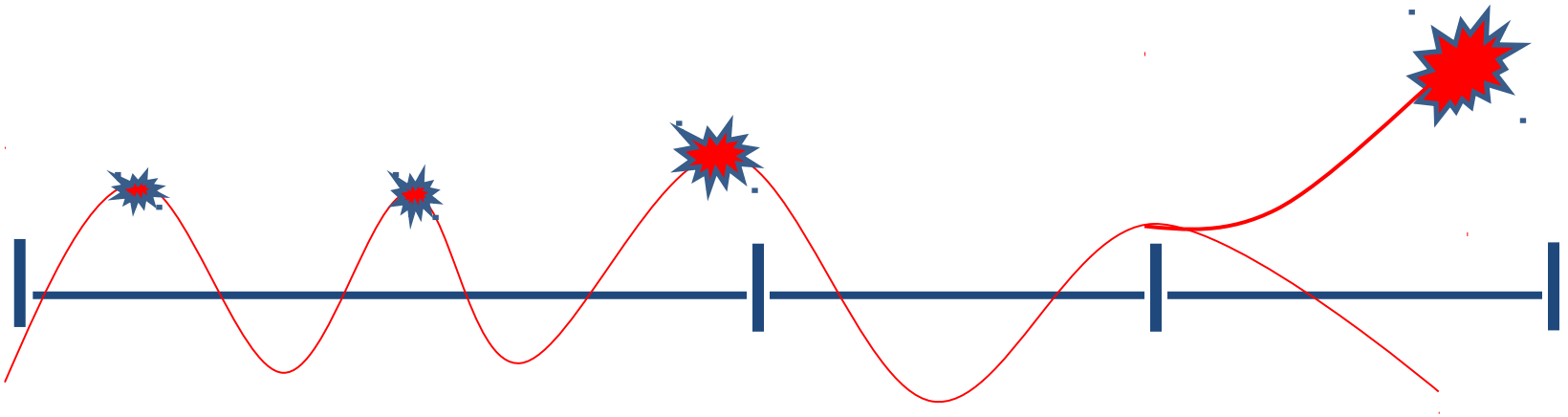
  Combat, uncertainty, sleep deprivation, relationship, children, financial, life style, jobs, re-assimilating into society, physically and emotionally wounded.

  (energy drinks and video games)
- Cultural rules and expectations for men are “don’t talk”, “don’t feel”, and “don’t express”

Issues facing Spouses

- Sequencing
- Single parent
- Patriotic and dutiful
- Secondary Traumas
- Seeking acknowledgement
- Often viewed as angry and resentful
- “Unseen”, “not understood”, and “discounted”

Biological Rollercoaster



Significant Predictors of Self-Reported PTSD Symptoms

1. Fatigue & Sleep Problems	.436
2. Operational & Job Concerns	.181
3. Unit Cohesion	.162
4. Family & Home Stress	.160
5. Age	.127
6. Combat Exposure (close-call)	.124

Note: Only Fatigue & Sleep Problems is considered a medium to l
arge
effect, all others are small (see Cohen, 1988).

Navy Behavioral Health Needs Assessment (BHNAS III, Jun – Aug 08)

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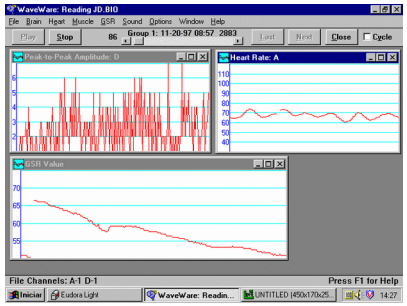
Behaviors for Coping with Stress,

By Gender

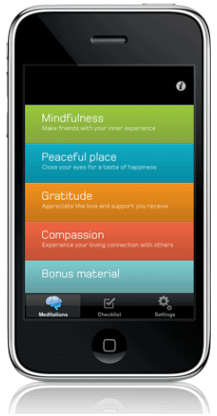
Coping Behavior	Men	Women
Talk to friend/family member	71.8 (0.7)a	**87.0 (1.0)**
Light up a cigarette	27.7 (1.1)a	22.6 (1.2)
Have a drink	29.9 (1.1)a	21.8 (1.1
Say a prayer	49.4 (0.9)a	**69.9 (1.3)**
Exercise or play sports	61.5 (1.0)	**61.6 (1.5)**
Engage in a hobby	62.1 (0.7)a	56.4 (1.6)
Get something to eat	42.5 (0.8)a	**50.8**

Where we want to go!



Physically Strong

Emotionally Intelligent



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Vision

Build a warrior society that is physically and emotionally strong, ***accountable***, culturally intelligent, and ***empathetic***,

Use a public health approach that is contemporary, relevant, and includes the spouses (partners) and children of the military members.

Process

- Create a continuum of services that uses a humanistic approach and is tied to human performance.
  - Enhance Human Performance
  - Include Family and Community
  - Create Connection and Resonance with the members
  - Balance long term (Sustain over many years without becoming a personal or family casualty)
- Measure, train, return celebration

The Team (organic and embedded)

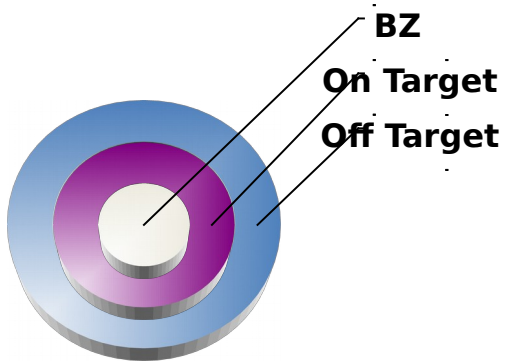
Individual/Family

Command Support Team
Group Physician & Psychologist
Group Chaplain
Group Family and Resiliency Staff
Combat Athletic Program

FOCUS Project
Military & Family Life Consultant
NSW Family Resiliency Enterprise

Measure, Train, and Celebrate

Measure: Assess individual and spouse/significant other at critical time points (i.e. pre and post deployment) to measure resiliency strengths and assess/identify stressors.



Individual Resiliency Reports (IRR)

NSW Family Resiliency Enterprise
A Program of Center for Military Relationships and Families

Measure, Train, and Celebrate

Train: Provide unique educational tools and training that is timely, relevant and responsive to identified needs.

SLEEPING WELL:
In the Field and at Home
DR. ROBERT MCLAY
28 JAN 2010
1800 - 2000 @ the Fireside Room
Chapel Annex onboard
NAB, Coronado
Snacks will be provided. Children's programming will be provided.
To register, please contact Betsy Henderson-Grant at
You will learn about the different types and causes of sleep problems, and what you can do to get a deeper, more restful sleep. You will be able to gain skills tailored to your specific situation, whether that is an occasional bout of insomnia due to temporary factors like stress or deployment, or whether you have been having consistent sleep problems for years. Practical suggestions you can use in the context of your lifestyle will insure that you obtain the skills needed to improve your quality of life.
Robert Neil McLay
Robert Neil McLay is a psychiatrist and the Research Director for Mental Health at Naval Medical Center San Diego. He did his undergraduate work in Biology and earned a master's degree in Science Writing at Johns Hopkins University in Baltimore. He completed his PhD in Neuroscience and his Medical Doctorate at Tulane University in New Orleans. He is board certified in Adult Psychiatry and in Psychosomatic Medicine.
Dr. McLay joined the United States Naval Reserve in 1998 while in medical school, and was activated in 2001 to complete a psychiatry residency at Naval Medical Center San Diego (NMCSD) from 2001-2005. He served with the Navy at NMCSD, Marine Base Twenty-nine Palms, Naval Hospital Yokosuka, and was deployed with First Marine Division to Iraq in 2006, where he served as the psychiatrist for Camp Fallujah Iraq. While in Iraq, he developed a program for treating insomnia in theater, and was the first provider to use Virtual Reality to treat Post Traumatic Stress Disorder (PTSD) in the combat environment. He left Active Duty in Oct 2008 and, although he is still in the Navy Reserve, is now primarily a civilian provider at Naval Medical Center San Diego.
Dr. McLay runs the Psychiatry Insomnia Clinic at Naval Medical Center San Diego. He is currently involved in several research projects examining new techniques to help insomnia, nightmares, stress management, and PTSD. He has published over forty scientific articles on these topics, and lectures frequently on both military and civilian mental health issues.
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Military & Family Life Consultant Program

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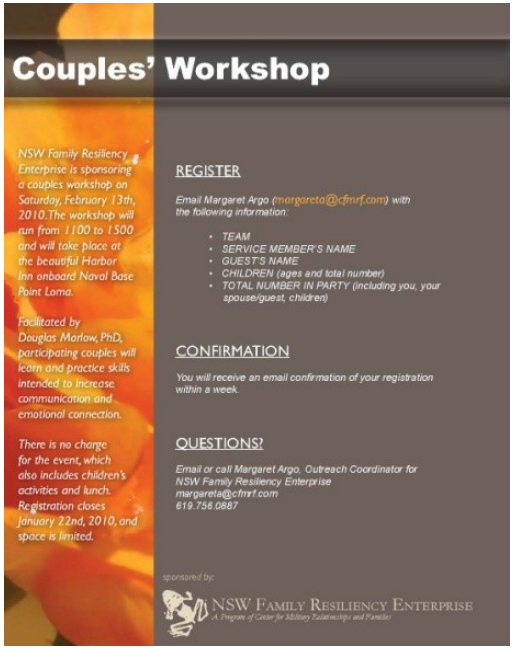
Couples' Workshop
NSW Family Resiliency Enterprise is sponsoring a couples workshop on Saturday, February 13th, 2010. The workshop will run from 1100 to 1500 and will take place at the beautiful Harbor Inn onboard Naval Base Point Loma.
Facilitated by Douglas Marlow, PhD, participating couples will learn and practice skills intended to increase communication and emotional connection.
There is no charge for the event, which also includes children's activities and lunch. Registration closes January 22nd, 2010, and space is limited.
REGISTER
Email Margaret Argo (margareta@cfrnrf.com) with the following information:
TEAM
SERVICE MEMBER'S NAME
GUEST'S NAME
CHILDREN (ages and total number)
TOTAL NUMBER IN PARTY (including you, your spouse/guest, children)
CONFIRMATION
You will receive an email confirmation of your registration within a week.
QUESTIONS?
Email or call Margaret Argo, Outreach Coordinator for NSW Family Resiliency Enterprise
margareta@cfrnrf.com
619.756.0887
sponsored by:
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A Program of Center for Military Relationships and Families

Measure, Train, and Celebrate

Prepare and Celebrate: Pre and Post Deployment Retreats. Education in a collaborative and community environment. Create connections that promote support within and among families

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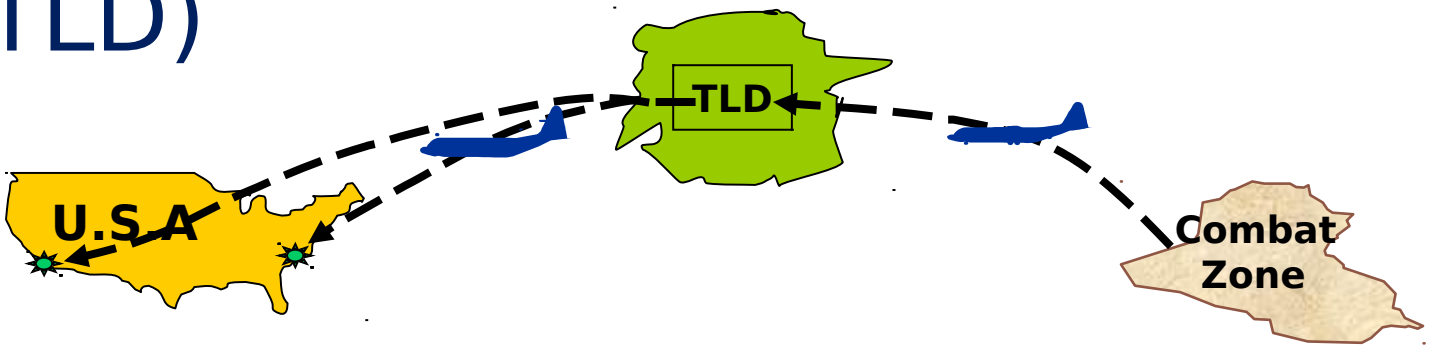
Third Location Decompression (TLD)



- Mandatory 48-72 hour decompression stop on the way home from theater.
- Part of their military operation.
- Important cognitive processing period.
- Switch mindset from warrior mode to citizen/family mode.
- Individual evaluations for each member before return home.

It takes a village

Citizen Soldier Support Program

Bob Goodale, Manager Behavioral Health, North Carolina

- Must be driven by the needs of the Service member/veteran and his/her family
- Data on military recruits show that more than 44% come from rural areas
- Young people living in zip codes in sparse rural areas are 22% more likely to join the military than their counterparts
- Residents of rural counties need special outreach efforts

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Issues facing Veterans Tomorrow

- Leaving a known support structure
- Psycho-social stressors (chronic stress)
- Emotional Intelligence
- Jobs, jobs, jobs
- Lack of transferable skill sets
- Economy pushing them to school
- System rewards you to stay sick

Questions?

Feedback forms
Thank you

Wally Graves III
Resiliency Program Manager
Naval Special Warfare Group ONE
619.437.5151
Wallace.Graves@navsoc.socom.mil